INDIAN · BREAKFAST

Mixed Vegetable Besan Chilla (Chickpea Flour Pancakes)

50 min · Serves 3 · 288 kcal a serve · Video 6:35 · NishaMadhulika

Vegan · Gluten-free ingredients · No nuts listed

Vegan and gluten-free pancakes of chickpea flour packed with vegetables: about 12 g of protein and 6.5 g of fibre a serve, and rich in folate, vitamin K and magnesium.

Diet notes: Low saturated fat (1 g, 3% of the energy).

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Ingredients 10 · SERVES 3

- [ ] 150 g **besan** (chickpea flour)
- [ ] about 240 ml **water**, for the batter
- [ ] 25 g finely chopped **spinach**
- [ ] 35 g grated **cabbage**
- [ ] 1 **tomato**, finely chopped
- [ ] 1–2 tbsp finely chopped **fresh coriander**
- [ ] 2 **green chillies**, seeded and finely chopped
- [ ] 1.5 cm piece **ginger**, grated
- [ ] 1 tsp **salt** (or to taste)
- [ ] 2 tbsp **oil**, for greasing the tawa and cooking

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Add a little water at a time to the besan, stirring until every lump has dissolved, then add more water to make a smooth, pourable batter. 0:33
2. Stir in the spinach, cabbage, tomato, coriander, green chillies, ginger and salt. Add a splash more water if it is thick: the batter should pour but not be runny (about 240 ml water in all). 1:21
3. Heat a non-stick tawa or frying pan, grease it with a little oil and wipe off the excess. Let it cool slightly and keep the heat low, so the batter spreads. 2:44
4. Pour 2–3 tbsp of batter onto the tawa and spread it thinly with the back of a spoon. Turn the heat to medium and drizzle a little oil around and over the chilla. 3:18
5. Cook until golden underneath, loosen the edges, flip and cook the second side until golden. Cool the tawa a little between chillas and repeat to make about 7. 4:00

> **Tip** Makes about 7 chillas; we've counted 3 serves (our estimate). Add grated cauliflower or capsicum, or a pinch of red chilli powder. Serve with green coriander chutney.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
288 kcal	12 g	32 g	6.5 g	13 g	820 mg
1,200 kJ	24% of a day	26 g net · 7.1 g sugars	23% of a day	1 g saturated	36% of a day
		12% of a day		16% of a day	

Energy from net carbs 39% · protein 18% · fat 43%

High in (20%+ of a day) Folate 62% · Vitamin K 58% · Omega-3 53% · Magnesium 23% · Vitamin B6 20%

Source of (10–19%) Vitamin C 19% · Vitamin E 17% · Iron 16% · Zinc 14% · Potassium 13%

Recipe and video: NishaMadhulika (@nishamadhulika) on YouTube — youtube.com/watch?v=h9cJLV-EMbA, published 22 June 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mixed-veg-besan-chilla